

इंटरनेट

मानक

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“जानने का अधिकार, जीने का अधिकार”

Mazdoor Kisan Shakti Sangathan

“The Right to Information, The Right to Live”

“पुराने को छोड़ नये के तरफ”

Jawaharlal Nehru

“Step Out From the Old to the New”

IS 6069 (1971): Sliding Seat Exerciser [MHD 10: Medical Laboratory Instruments]



“ज्ञान से एक नये भारत का निर्माण”

Satyanarayan Gangaram Pitroda

“Invent a New India Using Knowledge”



“ज्ञान एक ऐसा खजाना है जो कभी चुराया नहीं जा सकता है”

Bhartrhari—Nitiśatakam

“Knowledge is such a treasure which cannot be stolen”

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Indian Standard
**SPECIFICATION FOR
SLIDING SEAT EXERCISER**

1. Scope — Dimensional and other requirements for sliding seat exerciser used extensively for exercising legs and arms.

1.1 The exerciser covered by this standard has the provision for mounting the seat on an inclining frame for performing exercises in the inclined position.

1.2 The requirements for springs used with the seat and for exercising arms have not been specified.

Note — Springs used for exercising arms may be similar to those used with chest expander specified in IS : 5196-1969 'Specification for chest expander'.

2. Shape and Dimensions — As shown in Fig. 1 to 4.

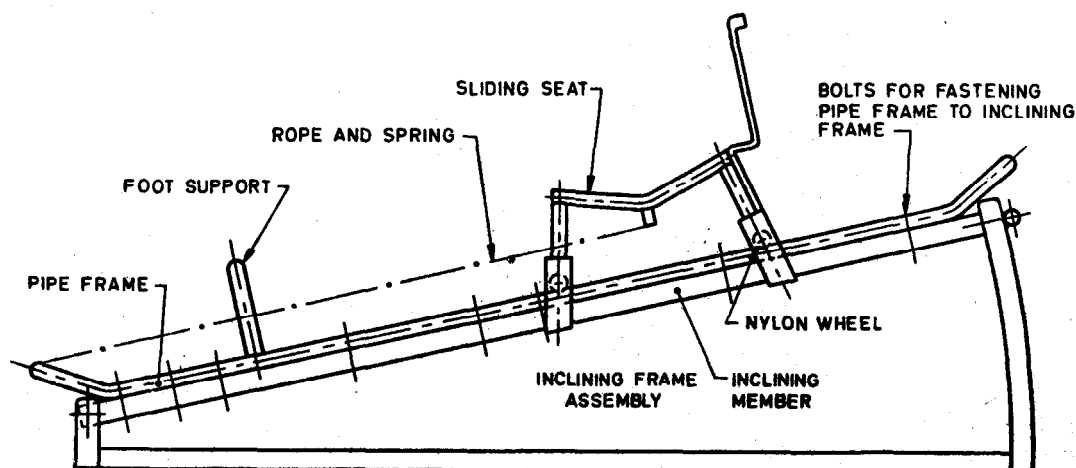


FIG. 1 ASSEMBLY AND NOMENCLATURE OF SLIDING SEAT EXERCISER

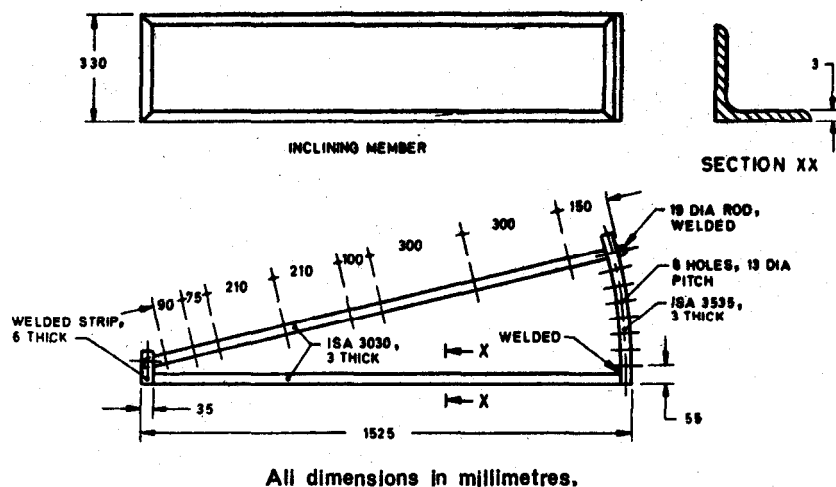
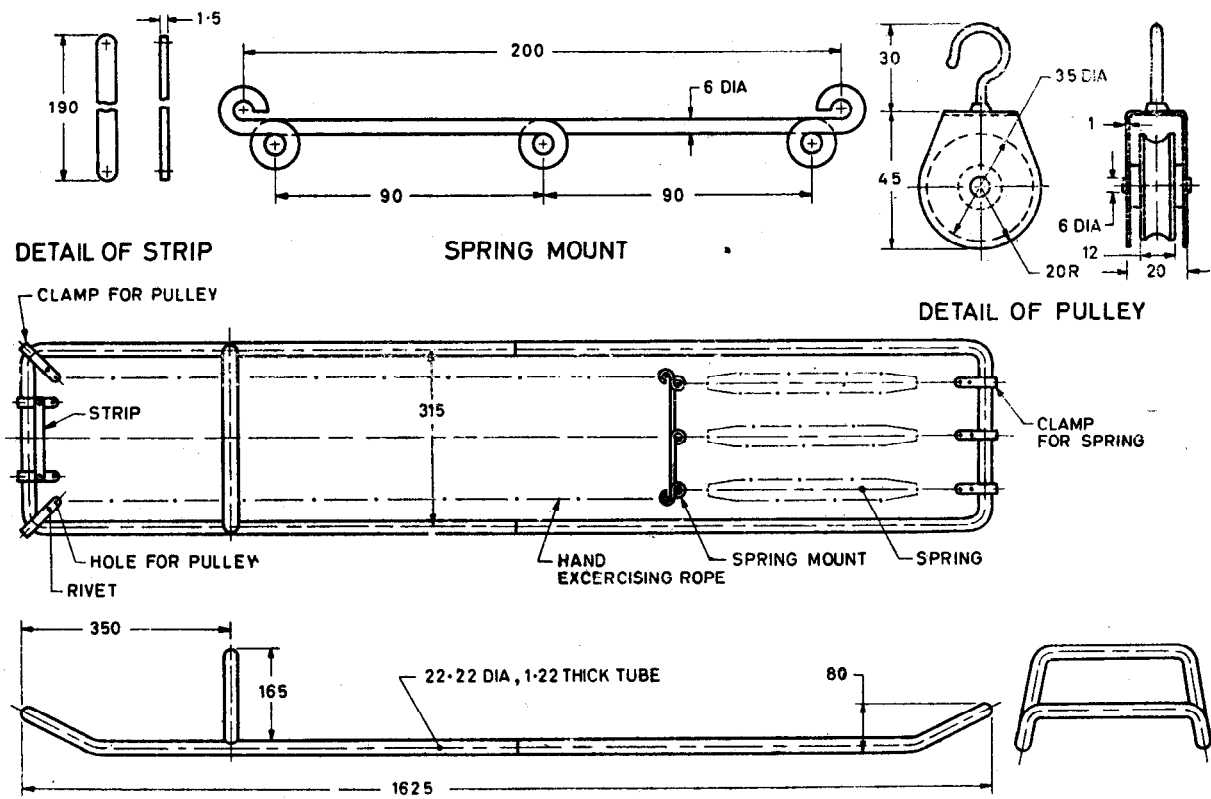


FIG. 2 DETAIL OF INCLINING FRAME ASSEMBLY FOR SLIDING SEAT EXERCISER

Adopted 6 May 1971

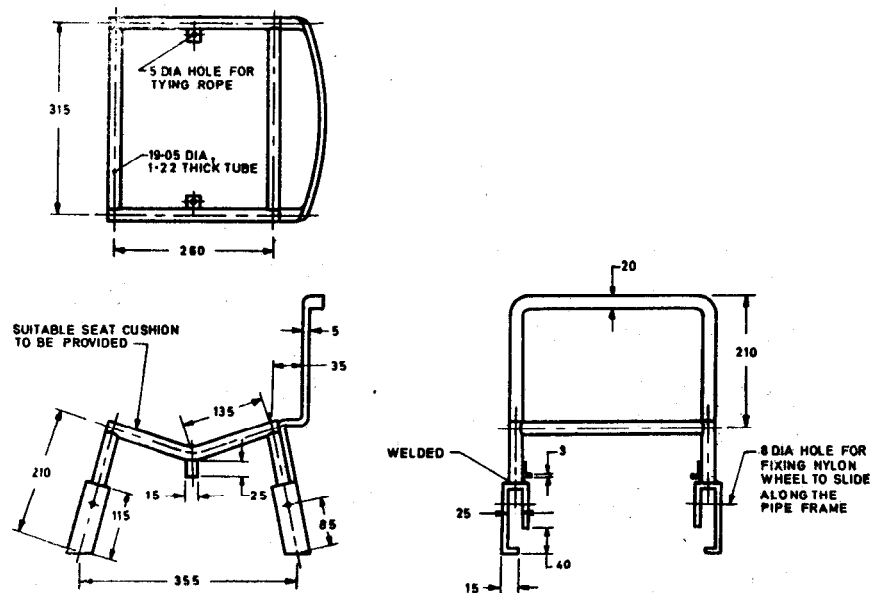
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All dimensions in millimetres.

FIG. 3 DETAIL OF PIPE FRAME ASSEMBLY FOR SLIDING SEAT EXERCISER



All dimensions in millimetres.

FIG. 4 DETAIL OF SEAT FOR SLIDING SEAT EXERCISER

3. Materials

3.1 *Pipe Frame* — Electric resistance butt-welded steel tubes (ERW) conforming to IS : 2039-1964 ' Specification for steel tubes for bicycle and allied purposes '.

3.2 *Pulleys* — Nylon.

3.3 Inclining Frame — Rolled steel equal angles of 3.0 mm thickness, conforming to Designation ISA 3030 and ISA 3535 of SP : 6(1)-1964 'ISI Handbook for structural engineers: 1. Structural steel sections (revised)'.

3.4 Other Components — Mild steel.

4. Construction — The pipe frame on which the seat slides shall be assembled from two pieces of pipes bent to shape and joined together in the middle. The inclining frame and the seat shall be fabricated by welding. A cushion shall be provided on the seat.

5. Workmanship and Finish — The sliding seat shall be well constructed with all welded joints sound, clean and well formed. The frames shall be stable and shall not rock when placed on a level surface before and after assembling the seat. The inclining frame shall be capable of being fixed at least at six different inclinations. The seat shall be completely stable and shall not rock during sliding. The seat shall not show any sharp edges likely to injure the user or tear his clothing. The pulleys shall permit free sliding of the seat along the pipe frame. The sliding seat exerciser shall be painted. The colour of the paint and the number of the coats shall be as desired by the purchaser. Prior to painting, all parts shall be degreased, rust-proofed by phosphating and then suitably protected by an anticorrosive primer, either by brushing or by spraying and then finished by spraying in stoving enamel or air-drying enamel of the specified shade. In every instance, each coat shall be separately stoved or air-dried as the case may be. The finished paint shall be hard and shall not readily chip or flake.

6. Marking — The sliding seat exerciser shall have a name-plate or label fixed to it showing the manufacturer's name, initials or recognized trade-mark.

6.1 ISI Certification Marking — Details available from the Indian Standards Institution.

7. Packing — As agreed to between the purchaser and the supplier.